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Celebrity Buzz

Rihanna parties too hard, friend says

pg 14



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Sports pg 10

Shooters go cold, Rainmen lose opener



Going for gold at world juniors

HOCKEY Another golden moment for Canadian hockey is just one win away.

Taylor Hall scored twice as Canada dumped Switzerland 6-1 yesterday to book its ninth straight ticket into the final of the world junior hockey championship.

In search of a record-breaking sixth straight gold, Canada will take to the ice in the final at Saskatoon tomorrow at 9 p.m. on TSN. Canada will play the winner of the late semifinal last night between the United States and Sweden.

METRO HALIFAX

MORE COVERAGE, PAGE 11

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Sombre homecoming

Bodies of four Canadian soldiers, one journalist repatriated from Afghanistan

Grieving family members of five Canadians killed in Afghanistan huddled close against the biting wind as the remains of their loved ones were unloaded from a military plane yesterday in a seemingly endless grim march of flag-draped caskets.

Michelle Lang, 34, the first Canadian journalist to be killed covering the war, was given full participation in the military repatriation ceremony. Soldiers and dignitaries saluted her coffin as it was carried to the line of waiting hearses.

Her loved ones stood alongside the grieving military families as Lang's casket was taken off the plane first, and emerged from beneath a shelter arm-in-arm to bid the award-winning journalist a final farewell.

One by one, the ritual repeated for each of the men Lang died alongside — Sgt. George Miok, 28; Yarmouth's Sgt. Kirk Taylor, 28; Cpl. Zachery McCormack, 21; and Pte. Garrett Chidley, 21 — during a bitterly cold and snowy repatriation ceremony at CFB Trenton, Ont., a two-hour drive east of Toronto.

Hundreds of people lined the fence outside the base, as they often do for the all-too-frequent ceremonies. Many of them said it was no different because Lang was being honoured also, as they hold her as high in their esteem as the soldiers because of the important work journalists do in Afghanistan.

"They're all the same," said Helga Haecker, 71, as she handed out coffee to others from a carafe she brought.

"They were all doing their job. She went out there to give us an insight what the soldiers are doing."

The five were killed Wednesday when the armoured vehicle they were travelling in was struck by a massive roadside bomb blast on the outskirts of Kandahar city — the third-bloodiest day for Canadian forces since the Afghan mission began in 2002.

THE CANADIAN PRESS



FRANK GUNN/THE CANADIAN PRESS

Family members watch as pallbearers carry the casket of Sgt. Kirk Taylor of 84 Independent Field Battery to the back of a waiting hearse during his repatriation ceremony yesterday in Trenton, Ont. Yarmouth's Sgt. Taylor, three other Canadian soldiers and journalist Michelle Lang were killed Wednesday when the armoured vehicle they were travelling in was struck by a massive roadside bomb blast on the outskirts of Kandahar city.

Strong belief in mission



Sgt. Kirk Taylor

• Kirk Taylor, a reservist from Yarmouth, so believed in the Afghan mission he had prepared a public statement defending the cause to be released in the event of his death.

The "mission in Afghanistan is vital for us not only as Canadians but as human beings," Taylor wrote, describing the mission as a chance for Canadians to help Afghans develop solutions to Afghan problems.

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Local



New security regulations online

Halifax Stanfield International Airport is advising travellers that its website, flyhalifax.com, is up-to-date with the latest Transport Canada security regulations. Due to the Christmas Day terrorism-related incident on a flight from Amsterdam to Detroit, air travel security regulations have changed on flights to the United States. Travellers are advised to check the red banner on the main page marked "Airport Advisory" for the latest information. METRO HALIFAX

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Armed man robs busy liquor store

THEFT Halifax Regional Police are on the lookout for a man they say held up the Nova Scotia Liquor Commission store on Clyde Street in Halifax over the weekend.

Police say at 4:40 p.m. Saturday, a man sporting a black ski mask entered the busy outlet armed with a firearm and demanded cash from staff. The store was open to customers at the time, with the suspect given an undisclosed amount of money.

Police say no one was injured and the suspect fled the store in an unknown direction.

Police say the man was also wearing a black puffy jacket, black pants, black boots and black gloves.

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Storm floods businesses

Waves create mess along Halifax waterfront on Saturday

PHILIP CROUCHER
philip.croucher@metronews.ca

Several businesses on the Halifax waterfront have received damage due to a massive winter storm on Saturday.

Environment Canada meteorologist Andy Firth said some businesses were flooded by waves only slightly smaller than those kicked up by hurricane Juan a few years ago.

"The normal high tide would be about 2.1 metres. We got up to about 2.8 in the harbour, only 10 centimetres less than we had from Juan," Firth said.

One of the businesses mopping up from the storm was the Lower Deck Beer Market. Owner Mike Condy said they were forced to shut down for the night around 8:30 because of flooding.

"Once the storm surge came in, the water was breaking against the building and we flooded," said Condy, who estimated there were 50 people in the bar when they decided to close. "It was too dangerous to have people around here with electricity and stuff."

The storm surge lasted about 90 minutes, with Condy and his team still cleaning up the mess yesterday afternoon.

"I'd say the pub had six to eight inches (of water). In Juan, we had probably two feet," he said.

Others were also cleaning up around Halifax yesterday, but it was from the heavy, wet snow packed in their driveways. Environment Canada said Halifax Stanfield International Airport reported only 11 centimetres of snow from the storm, but some of the accumulation was lost from several hours of freezing rain and ice pellets.

Up to 30 centimetres of snow was dumped on other parts of the Maritimes.

At the storm's height Saturday, almost 45,000 homes and businesses in the Maritimes were blacked out. At Halifax Stanfield International Airport, 10 flights were cancelled and seven others were delayed.

WITH FILES FROM THE CANADIAN PRESS



RYAN TAPLIN/METRO HALIFAX

Bob Nadeau shovels the driveway in front of his Clayton Park home yesterday. Many people in HRM spent a good part of their weekend digging out from a winter storm that dumped up to 30 centimetres of snow on parts of the Maritimes and caused the cancellation of some flights at the Halifax Stanfield International Airport.

Death

- The RCMP reported one storm-related death yesterday. A 54-year-old man from Three Fathom Harbour died in hospital from carbon monoxide poisoning. Police said he and a 32-year-old woman had sparked up a generator after their power went out on Saturday night.

State of emergency comes to end in Port Elgin

FLOODING A local state of emergency ended yesterday in Port Elgin, N.B., after a storm surge crashed in off the Gulf of St. Lawrence, flooding homes and businesses and destroying cottages.

Area residents hit hard by water levels that rose several metres above normal remained worried about the potential for further damage from additional storm surges.

"We had extensive flooding, a metre up the sides of some houses, and we've had to borrow pumps," said Judy Scott, mayor of the tiny community of 500 people nestled on the Gulf shore. "There are people who have lost their cottages right off the cement."

Environment Canada said the system's winds weren't expected to be as big a factor yesterday, diminishing the threat of further flooding.

THE CANADIAN PRESS

Truro man charged after alleged indecent act in front of children

CRIME A 34-year-old Truro man is facing a number of charges after allegedly engaging in an indecent act in front of children on Friday in Dartmouth.

Police say they received a tip just after 2 p.m. that a man was masturbating inside his vehicle on Sheridan Street while attempting to speak to two girls, aged nine and 11, who were walking in the area.

According to police, there was no physical contact between the suspect and the two alleged victims, but the children believed that was the accused's intent.

Police say Scott Vincent Dow was arrested a short time later on Woodland Avenue in connection with the incident. He is facing one count of committing an indecent act, two counts of invitation to sexual touching and two counts of sexual assault.

Dow has since been released on bail with conditions to refrain from contact with children under the age of 16. METRO HALIFAX

Suspect in custody after man dies following fight

MONIQUE MUISE
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Halifax Regional Police have a 24-year-old man in custody after a fight outside a New Year's Eve party claimed the life of another man in his 20s.

Police say Nathaniel Welsh, 23, died Saturday at the QEII Health Sciences Centre after sustaining life-threatening head injuries during an altercation outside St. Mark's Community Centre at 5540 Russell St.

Police spokeswoman Theresa Rath confirmed an autopsy was conducted later in the day, but the results have not been made public.

According to Rath, officers arrived on the scene to find Welsh unconscious shortly after 1 a.m. Friday morning.

"He was punched and then fell to the ground and was knocked unconscious," Rath said.

"He was taken to hospital but he never regained consciousness, and sadly he passed away."

Rath wouldn't speculate as to what may have started the fight.

"We are treating this as a homicide investigation," she added.

The man police arrested is also from Halifax. He turned himself in at HRP headquarters on Gottingen Street yesterday at about 6 p.m.

Rath said they were interviewing the suspect last night, with charges to possibly be announced later today.

Even with the arrest, police say they are continuing to seek witnesses to the assault.

Anyone with information about the fight who has yet to speak with police is asked to call 490-5016 or contact Crime Stoppers anonymously at 1-800-222-8477 or online at crimestoppers.ns.ca.

1st in '10

- Nathaniel Welsh's death marks the first homicide of the year in the Halifax Regional Municipality.

Nova Scotia politicians appointed officers of Order of Canada
John Hamm, Nova Scotia's 32nd premier, has been appointed an officer of the Order of Canada. Gov. Gen. Michaëlle Jean made the announcement last week. Hamm served as premier of Nova Scotia between 1999 and 2006. Fellow Nova Scotia politician Alexa McDonough was also appointed an officer. THE CANADIAN PRESS

Task ahead 'daunting': Dexter

Budget will dominate agenda as government faces fiscal mess

A scant six months after his historic election win, Atlantic Canada's first NDP premier says he faces a "daunting task ahead" as he grapples with a faltering economy, potential labour unrest and a province that is more than a half billion dollars in the red.

There's little doubt the political stakes will be high for Darrell Dexter in 2010 as he attempts to steer Nova Scotia through its first deficit in eight years.

Dexter and the NDP were swept to power in June partly because of promises to balance the province's books this spring without raising taxes or cutting spending.

But shrinking sources of revenue, partly brought on by dwindling offshore gas royalties, coupled with a $525-million deficit have forced Dexter to retreat from those promises while warning of tax hikes and program cuts to come.

Nova Scotia could face a $1.3-billion annual deficit by 2012-13, adding to an accumulated debt that could balloon to $16 billion that year — a $4-billion increase in three years — according to an independent review on the province's finances released in August by Deloitte and Touche LLP.

Dexter said he has no illusions about the task he faces in righting the province's fiscal mess, reeling off a list of problems that would make most politicians cringe.

"We have the highest HST in the country, we have the highest income tax rates in the country, we have the highest corporate tax rates in the country and we have the highest debt per capita in the country outside of Newfoundland who now have more resources to deal with it," he said.

Although Dexter has offered few specifics so far on how he plans to dig out of the red, he has made it clear the spring budget will dominate his government's agenda.

It will be tabled after a period of public consultation that was announced following the release of a report in November by a three-member economic panel.

The panel advised the government to consider a two percentage point hike in the HST and targeted spending cuts to deal with the deficit and the economic conditions.

THE CANADIAN PRESS


RYAN TAPLIN/METRO HALIFAX

Premier Darrell Dexter will be steering the province through its first economic deficit in eight years in 2010.

Deep Panuke not magic moneymaker: Experts

A natural gas project set for production this year could breathe new life into Nova Scotia's sluggish offshore sector, but it won't resuscitate the province's economy overnight after drowning in red ink, say analysts and industry experts.

Calgary-based EnCana's long-awaited Deep Panuke field is on track to produce natural gas for major U.S. markets late this year after the company decided in 2007 to proceed with the project.

The provincial government says it stands to receive between $50 million and $300 million in royalties over Deep Panuke's anticipated life span of 13 years.

A windfall from Deep Panuke isn't expected this year, according to the Atlantic Provinces Economic Council. A senior policy analyst with the Halifax-based think-tank estimates Nova Scotia's royalties will fall between $1.5 and $5 million in the first few years of the project.

"When you have a $525-million deficit based on the latest budget forecast for this fiscal year, you're not going to resolve that vis-a-vis Deep Panuke," said Fred Bergman.

"(But) Deep Panuke is a step in the right direction."

It remains unclear exactly when Deep Panuke will begin producing natural gas.

Lori MacLean, a spokeswoman for EnCana, said the company aims to start production late this year — a general time frame that's been floated since the project was approved.

She said work continues on a well-drilling program and while bad weather has caused the occasional work delay, the project has been moving ahead steadily.

Once on stream, the $760-million project will produce and process natural gas from the Deep Panuke field, located about 250 kilometres southeast of Halifax on the Scotian Shelf. THE CANADIAN PRESS

"When you have a $525-million deficit based on the latest budget forecast ... you're not going to resolve that vis-a-vis Deep Panuke. (But) Deep Panuke is a step in the right direction."
Fred Bergman, analyst

Hundreds of jobs

- The province's Energy Department has said the project will create 850,000 hours of work for Nova Scotians, including hundreds of jobs in construction, fabricating and engineering, before production begins.

Opposition calls for economic stimulation

Liberal Leader Stephen McNeil believes tax increases and some service cuts are on the way in the new year, but says what's needed is a comprehensive tax review with the intent of turning Nova Scotia into a more competitive business environment.

He said a mixture of tax cuts and tax credits should be part of the solution, but he questions whether the New Democrats will ultimately make the decisions he believes are required to move the economy ahead.


McNeil

"They've got a window here," McNeil said. "They can make some decisions which will have long-term benefits for the province, but they have to do it by looking at how we are going to be competitive as an economy."

Interim Conservative Leader Karen Casey expressed concerns about impending tax increases, calling such a measure "no way to stimulate an economy."

She also said ongoing contract negotiations with more than 25,000 civil servants poses a potential threat to provincial programs.

THE CANADIAN PRESS

All-weather **Football**


RYAN TAPLIN/METRO HALIFAX

Guy Germain runs with the football after making a catch during a game at Wickwire Field yesterday. Germain and his friends play a game every Sunday during the NFL season rain, shine — or in yesterday's case — snow. Some of the players in the group have been taking part in the game for 10 years.

News in brief

NEW YEAR'S BLAZE A fire in Dartmouth left 10 people homeless early New Year's Day. The blaze broke out around 2 a.m., causing damage to a six-unit building on Portland Street downtown. No one was hurt in the fire. The Red Cross said it was the second fire in as many days involving an older apartment building in the area. Eight people were temporarily displaced after a fire broke out last Wednesday on Rodney Road. Those tenants, however, were allowed to return home Thursday. METRO HALIFAX

Man charged in New Year's Eve stabbing death

Police have charged a 19-year-old man with attempted murder in connection with the stabbing death of Jonathan Robert Beaton at a New Year's Eve party in Antigonish.

The 25-year-old Beaton was rushed to St. Martha's Regional Hospital after a major brawl broke out at the house just a few minutes after midnight. He died four hours later.

Four other people also received non-life-threatening injuries in the altercation, which police say took place both inside and outside the house.

A Facebook memorial page was created almost immediately for Beaton, and had amassed 2,700 members by yesterday afternoon. Nearly 100 photos have been uploaded to the site, showing Beaton fishing, playing sports and posing with family and friends. Beaton's personal Facebook page also remained active throughout the weekend.

Christopher David Fordham of Antigonish is also facing one count of aggravated assault and two counts of assault causing bodily harm in connection with the incident at 123 College St. early Friday morning.

Fordham remains in custody and is scheduled to appear in Antigonish Provincial Court today for a bail hearing.

METRO HALIFAX WITH FILES FROM THE CANADIAN PRESS

Ottawa transit project could get pricey, expert claims
The price tag for Ottawa's proposed downtown light rail tunnel could balloon because of engineering complications, says a local transit advocate, CBC News Online reports. City councillors voted last month to approve a $2.1 billion, 12.5-kilometre stretch of light rail track. METRO NEWS SERVICES

Canada



Widow wants 'the truth'

The widow of one of the men killed in the worst construction accident in the last half century has called for a full public inquiry into the Christmas Eve deaths of four workers who fell 13 storeys from a scaffold in Toronto. "I want the truth," Oksana Afanasenko, left, told The Toronto Star in an interview through a Russian-language translator yesterday.
TORSTAR NEWS SERVICE

Airport security restrictions expected to stay for a while

Canadian officials have little say in decision: Experts

Don't expect tighter security at Canadian airports to relax until the United States gets over its latest air scare, aviation experts say.

The ban on certain types of carry-on luggage on U.S.-bound flights, along with other restrictions, are likely to last as long as the Americans want them to.

"Canada is very much a victim of the United States," said David Gillen, director of the University of British Columbia's Centre for Transportation Studies.

"They're the ones who (are) driving the entire process. So all that we can really do is react and try and change the thinking of (U.S.) Homeland Security, that they should be looking for people rather than incidents … (that) is, I think, a very difficult process."

Enhanced security measures have been in place since an apparent terror attack was thwarted on Christmas Day.

Umar Farouk Abdulmutallab, a 23-year-old Nigerian man, was arrested after he allegedly tried to bring down the Northwest Airlines flight from Amsterdam to Detroit.

The incident prompted authorities to at least temporarily ban carry-on bags on flights into the U.S., though items such as small purses, coats, laptops and medication or medical devices are allowed.



THE ASSOCIATED PRESS/INTELCENTER

This image taken from a website frequently used by militants to disseminate their messages, purports to show Nigerian Umar Farouk Abdulmutallab. In a statement posted on the website dated Saturday, Dec. 26, al-Qaida in the Arabian Peninsula has claimed responsibility for the attack on a U.S. airliner bound for Detroit on Christmas Day.

Transport Canada says the restrictions will continue until further notice.

"Right now, we're evaluating everything and our options," department spokeswoman Melanie Lafrance said yesterday. "Until further notice, they're in place."

But the Canadian government actually has little say in the matter, says the head of the Air Transport Association of Canada.

"Transport Canada, I don't think has a word to say in it," said John McKenna, the organization's president and chief executive officer. "They're going to abide by American decisions on this anyway, because otherwise we'll be denied the right to fly over U.S. airspace."
THE CANADIAN PRESS

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Loan program failing: Report

BUSINESS An Industry Canada loan program for small business continues to lose money and annoy bankers a decade after it was redesigned to avoid those very problems.

A new report on the Canada Small Business Financing Program has found a loan-guarantee portfolio in sharp decline even as losses to the federal treasury mount.

The program, which reimburses financial institutions for losses on defaulted loans, is a tangle of red tape and inflexible terms that has lenders fleeing, says the KPMG study, commissioned by Industry Canada.

"Lenders have identified a heavy administrative burden, which includes a paper-based system, and difficulties with the claim process, as major obstacles," the consultants' report concludes. "It is not profitable to them."

The result has been a sharp drop in the number of loans, hitting a new low of 9,000 — about half the number the program supported in 1999 when it was overhauled to put it on a more business-like footing.

The program has so far guaranteed about $10 billion in small-business loans issued by banks, credit unions and others since 1999, and collects fees based on the size of the loan. The revenue paid to Industry Canada was supposed to cover the default claims paid out, but the math has never worked in Ottawa's favour.

Claims paid out have risen steadily over the decade, and now top $100 million annually, while revenues have consistently lagged, costing taxpayers a net $335 million so far.

Put another way, cost recovery is currently at only about 60 per cent rather than the 100 per cent that was planned, and is in steady decline.
THE CANADIAN PRESS

Soured

- Few small-business borrowers have even heard of the program, so lending institutions have effectively become gatekeepers, able to recommend the option if a standard loan application fails. But loans officers have generally soured on the program.

Terror big wig lived in Toronto

SOMALIA One of the most visible leaders of an al-Qaida-affiliated terrorist militia in Somalia spent a year in Toronto ingratiating himself into the Somali immigrant community as a convert to Islam.

Omar Hammami — known to followers as Abu Mansour "Al-Amriki" — ate at Somali restaurants and prayed in Somali mosques. He married a Toronto woman of Somali origin. Then, after learning Somali ways, he left to join the Horn of Africa's top terror group, Al-Shabab, to wage Islamic jihad and recruit other foreign nationals to the cause, say former friends and relatives speaking publicly of the terrorist's Toronto connections for the first time.

"He betrayed us," a former friend who worked with Hammami at a pizzeria says. "For a man to be saying that, Islamically, it is okay to be killing innocent people — and yesterday you fed him bread and welcomed him into your houses — it kind of shatters you."

Five ethnic Somali men disappeared from Toronto this fall, all friends believed recruited into Al-Shabab.
TORSTAR NEWS SERVICE

Vancouver **Barely winter weather**


DARRYL DYCK/THE CANADIAN PRESS

A man wears shorts as he jogs through Stanley Park during mild weather in Vancouver yesterday. While much of the country is dealing with below-freezing temperatures, Vancouver is projected to have highs between 5 and 10 C for most of January.

News in brief

CEOS Canada's 100 highest paid CEOs pocketed an of average $7.3 million in 2008, the same year Canadians were hard hit by the emergence of the worldwide recession, according to a new report by the Canadian Centre for Policy Alternatives. Economist Hugh Mackenzie, who authored the report, said that's 174 times more than the average Canadian wage. THE CANADIAN PRESS

Olympics boosting B.C. premier


Gordon Campbell

POLITICS B.C. Premier Gordon Campbell is sending strong signals the Winter Olympics are giving him a second political wind, dashing widespread speculation the three-term leader was considering retiring in first place after the Games.

Campbell, who turns 61 in January, says his job is only half finished and he's planning to run for a fourth-straight term in 2013.

Opposition New Democrat Leader Carole James said she's also planning for a third election showdown in 2013.
THE CANADIAN PRESS

Works of art stolen from French home

About 30 works of art, including paintings by Pablo Picasso and Henri Rousseau, have been stolen from the home of a private collector in southern France, police said Saturday. The theft was carried out while the owners were on vacation abroad and was discovered by a caretaker at the home in the village of La Cadiere-d'Azur. THE ASSOCIATED PRESS

World



Man accused of killing relatives found

A man accused of killing four relatives at a Thanksgiving holiday dinner was captured at a motel in the Florida Keys where police said he had eluded authorities for about a month by checking in under a fake name and address, and hiding his car with a cover. Paul Merhige, 35, pictured, was arrested without a struggle Saturday night after the TV show America's Most Wanted aired and provided the tip that led to Merhige's capture. THE ASSOCIATED PRESS

News figures seeking sums

Policies forbidding payment for news interviews are being increasingly blurred by U.S. television networks vying for access to accidental celebrities and photos.

Three of the past month's accidental celebrities — Jasper Schuringa, the Dutch tourist who helped thwart an attack on a Detroit-bound plane; David Goldman, who took a custody fight for his son to Brazil; and the White House party-crashing Salahis — have either sought or received goodies from TV networks eager to hear their stories.

Schuringa gave interviews to outlets that had agreed to purchase blurry cellphone images he'd taken of a man who authorities say tried to use explosives to take down the plane. Goldman and his son accepted NBC's offer of a ride home from Brazil on a charter airplane.

Representatives for Michaele and Tareq Salahi, who embarrassed the Obama administration by sneaking into a state dinner, were reportedly seeking six-figure bids from networks to tell their story.

"I don't know if people would have thought of that in the past," said Andy Schotz, head of the ethics committee for the Society of Professional Journalists. "But now often the first thing people think of is to get a publicist, a lawyer and an agent and figure out how to make money" from that notoriety, he said.

The society condemned NBC for "checkbook journalism" with the Goldman trip. NBC said it had already chartered a plane to bring its personnel back from Brazil, and Goldman's lawyer said the invitation was accepted so father and son could avoid being accosted by camera crews on the way home.

But NBC took multiple pictures and interviewed Goldman on the plane before his exclusive interview for the news show Today. And the network seems immune to the industry's financial woes: A chartered jet from Brazil to New York would cost about $90,000. THE ASSOCIATED PRESS

Distorting the news

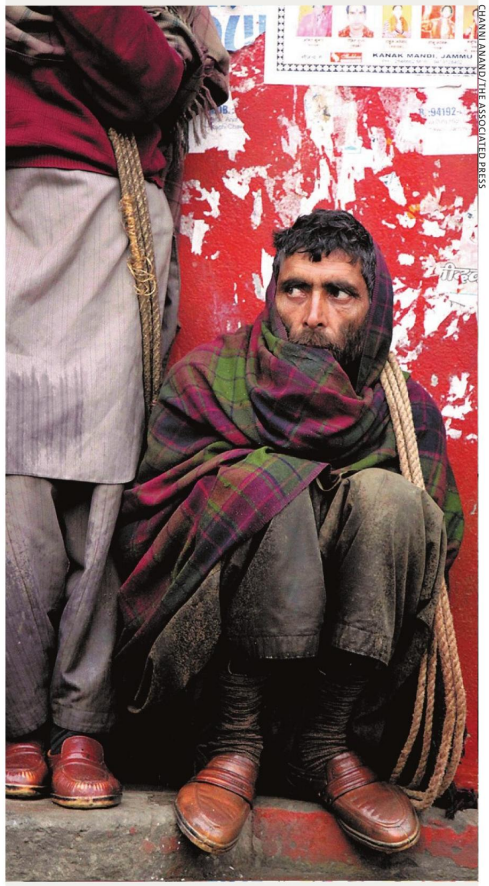
- Policies against paying for interviews are in place to avoid distorting the news. The concern is that news subjects will change their stories to make them more valuable or please those who paid them. Evasion efforts seem centred primarily on ultra-competitive morning news shows and prime-time magazines. These outlets now fight for stories that might have been considered tabloid fodder years ago, often against websites or other outlets that won't hesitate to pay for an interview or information.

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SCANLIFE

A new report suggests the U.K. culture of heavy drinking is putting strain on the country's health-care system. Scan this barcode for the full story.

India **Shelter from the storm**



CHANN ANAND/THE ASSOCIATED PRESS

Labourers wrapped in woolens take shelter from rain in a cold and foggy morning in Jammu, India yesterday. More than 30 people have died in cold weather-related incidents in northern India in the past 24 hours, including 10 people killed in train accidents caused by dense fog.

U.S., Britain shut Yemen embassies over terror threats

SAN'A The U.S. and Britain locked up their embassies in Yemen yesterday after threats from al-Qaida, and the White House expressed alarm at the terror group's expanded reach in the nation, where an offshoot apparently ordered the Christmas Day plot against a U.S. airliner.

U.S. President Barack Obama's top counterterrorism adviser, John Brennan, cited "indications al-Qaida is planning to carry out an attack against a target" in the capital, possibly the embassy, and estimated the group had several hundred members in Yemen. Security reasons led Britain to act, too; it was not known when the embassies would reopen.

The U.S. is worried about terrorism in Yemen, a U.S. ally and aid recipient, Brennan said, but doesn't consider the country a second front with Afghanistan and Pakistan in the fight against terrorism. As to whether U.S. troops might be sent to Yemen, Brennan replied: "We're not talking about that at this point at all."

Britain and the U.S. are assisting a counterterrorism police unit in Yemen as fears grow about the increasing threat of terrorism originating from the country. THE ASSOCIATED PRESS

Friendly to West

- The Yemeni government, which issued no official comment on the embassy closures, is friendly to the West but the population is often mistrustful of Western motives and influence. Yemen has pledged to clamp down on militancy, but government control is weak outside the capital.

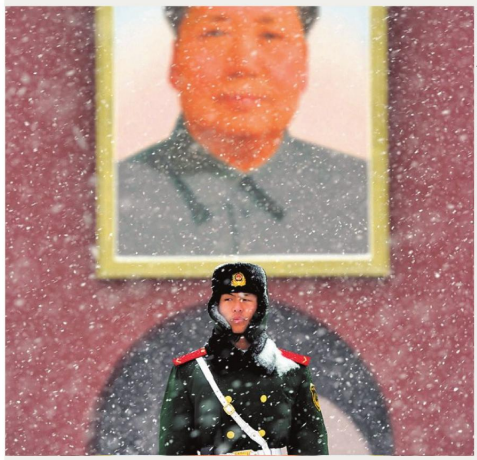
U.K. officials knew air attack suspect had ties to extremists

INTELLIGENCE British officials knew that the Nigerian man suspected of trying to bomb a Detroit-bound airliner had ties to U.K. extremists but did not consider him enough of a high risk to alert American authorities, a senior British official said yesterday.

Officials realized about a year after Umar Farouk Abdulmutallab came to London to study in 2005 that he was in contact with Islamic extremists who were being monitored, a government official told The Associated Press yesterday.

But there were no signs that Abdulmutallab wanted to target the U.S. or was considering turning toward violence, the official said, speaking on condition of anonymity. "It was clear he was reaching out to radical extremists in the U.K. but there was nothing to indicate he was violent," the official said. THE ASSOCIATED PRESS

Beijing **City frozen to a halt**



ANDY WONG/THE ASSOCIATED PRESS

A Chinese paramilitary police officer stands guard under the portrait of former leader Mao Zedong outside the Tiananmen Gate in Beijing yesterday. Snow blanketed Beijing yesterday, shutting highways and forcing the delay of scores of flights.

Search for man grounds flights

NEWARK Authorities were searching for a man who walked through a screening checkpoint exit into the secure side of a terminal last night at a U.S. airport, and flights were grounded and passengers being re-screened, an air safety official said.

A man was seen at Newark Liberty International Airport walking down an exit lane at Terminal C about 5:30 p.m. eastern, said Transportation Security Administration spokeswoman Ann Davis. Screening was halted in the Continental terminal while authorities looked at surveillance tapes to identify the man.

Passengers were then evacuated from the secure side of the terminal and moved to the open side to go through screening again to ensure that every passenger boarding a plane tonight out of the terminal was fully screened, Davis said. THE ASSOCIATED PRESS

Flight checks

- The Transportation Security Administration says passengers flying into the U.S. from states that "sponsor terrorism" — Cuba, Iran, Sudan and Syria — as well as Afghanistan, Algeria, Iraq, Lebanon, Libya, Nigeria, Pakistan, Saudi Arabia, Somalia and Yemen will be subject to enhanced screening, such as scans and pat-downs, starting today. All international passengers will also be subject to random security checks.

News in brief

POPE A Vatican spokesman says Pope Benedict XVI's personal aide has visited the young woman who jumped over a barrier and knocked the pontiff down in St. Peter's Basilica on Christmas Eve. The Rev. Federico Lombardi says that Benedict asked the aide to pay a call on the woman, who is being treated for psychiatric problems, to "show the pope's interest and benevolence." THE ASSOCIATED PRESS

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Comment

Breaking down plastic

It can be challenging to determine if it can be recycled

CleanBreak



Q There are plastic bags for fruit and vegetables, milk, bread, pasta — the list goes on. How do you know which of these plastic bags can be recycled?

A When you start snooping around there are a lot of items packaged in plastic bags.

Plastic bags, unlike many other packaging such as containers, may not have the plastic number marked on it. This can make it challenging to determine if it is or isn't acceptable for recycling. To help answer this question, I reached out to contacts in the solid waste field. The Canadian Plastics Industry Association, the province, Farmers Milk and HRM's solid waste division provided some helpful guidance.

There are seven different types of plastic. Numbers 1, 2 and 4 are recycled in HRM. Many bags are made from low-density polyethylene (LDPE), which is commonly recycled and has the plastic No. 4. These bags are film plastic that are flexible, tough and pliable. LDPE is also used in making some containers.

In HRM you can recycle bags made of this material such as bags often used for bulk dry goods, fresh fruits and vegetables, milk, bread, groceries, dry cleaning, Ziploc baggies, perforated bags for grapes, frozen vegetable bags, and so on. I have also seen electronics packaging use No. 4 bags for packing. Put all bags together in one bag, tie, and then put in the blue bag. Make sure there are no items in the bags.

Bags that are made from crinkly and stiff plastic such as pasta bags, box windows, or tortilla chips are often made from a type of polypropylene or No. 5 plastic. These are not recycled in HRM.

In general, it is good if you can avoid packaging, or if you need it to get packaging that is compostable (boxboard) or recyclable. This is, of course, not always that easy or possible and there are a number of packaging products that end up in the waste stream.

The CCME's Extended Producer Responsibility Task Group provides advice on sustainable packaging issues to federal and provincial and territorial governments. This group is working on a Canadian strategy for sustainable packaging.

A few of my new year's suggestions include requiring all packaging be marked so it can be determined if it is or isn't recyclable, limit the amount of packaging, consolidate the material types so they can be uniformly reused, composted or recycled across the county or require product manufacturers to be responsible for the recycling or reuse of the packaging product.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

Views

Ways to make any day seem brighter

HineSight



Jan. 4. The holidays are over and today we go back to work or school or to wishing we had work or school. February (proof that God hates us) is just 27 cold, bleak days away. And, in the past few weeks, many of us have answered the question, "Is it possible to eat too many Christmas cookies?"

But, I ask you, is all of this any reason to be feeling down? The answer: Of course it is.

Help is at hand. Here's a list of five ways to make any day seem brighter.

1 Make a list of things you DON'T have to do today. This might include:

Today, I don't have to enter a witness protection program.

Today, I don't have to be Tiger Woods' public relations adviser.

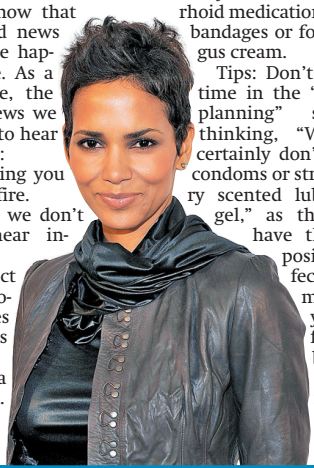
2 Limit your bad new intake.

Studies show that the less bad news we hear, the happier we are. As a general rule, the only bad news we really need to hear is limited to:

The building you are in is on fire.

Bad news we don't need to hear includes:

The fact that chocolate comes from beans doesn't make it a health food.


Halle Berry

Any news items containing the words "dust mite."

3 Hit the drugstore and make note of the products you don't need ... at least at the moment. For instance, I myself was darn glad to realize that I don't currently need hemorrhoid medication, head bandages or foot fungus cream.

Tips: Don't spend time in the "family planning" section thinking, "Well, I certainly don't need condoms or strawberry scented lubricant gel," as this can have the opposite effect to making you feel better. And if you find that realizing you don't need Metamusil still doesn't cheer you up, it is permissible to stand in the aisle and wait until someone comes along who does.

4 Buy one of my books. This is 100 per cent guaranteed to create happiness.

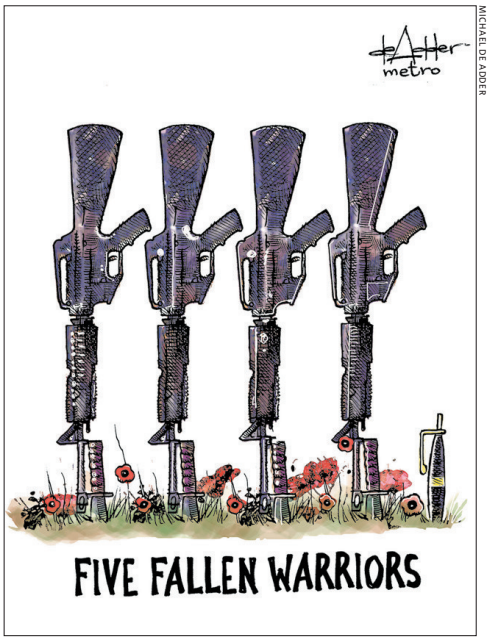
If only for me.

5 Make a list of the ways in which your life is better than Halle Berry's. For many of us, this may be a short list. And limited to, "I don't have to choose yet another fabulous dress to wear to yet another fabulous event."

Male readers may want to imagine themselves as George Clooney rather than Halle Berry. Or not. This is all about what makes you happy after all.

Have a great day!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Worth mentioning

Annual proroguing would erode Parliament: Experts

The role of elected representatives will erode further if the federal government makes good on its suggestion to make prorogation an annual event, experts say.

"It's not easy to see how this can work," says David Mitchell, president of the Ottawa-based Public Policy Forum. "It raises the question: Why do we have a Parliament?"

46%

The public does not seem to get worked up about the erosion of Parliamentary power, said political scientist Nelson Wiseman from the University of Toronto. His feeling is echoed privately by Tory MPs, and by a poll showing that 46 per cent of Canadians just don't care whether Parliament starts sitting in January or takes a break and comes back after the Olympics in March.

When Prime Minister Stephen Harper suspended parliamentary activity last week until early March, his spokesman called the move "routine," noting it has occurred 104 times previously.

The announcement was immediately denounced by opposition parties, who accused the Conservatives of undermining democracy and fleeing accountability, especially when it comes to Canada's treatment of Afghan detainees.

Still, there's word the Tories may go further to ensure prorogation becomes routine.

Government sources say they are contemplating formally shutting down Parliament at the end of every year, so the government can start afresh with a throne speech and a budget.

That way, the argument goes, the public will have a clear idea what the government plans to achieve for the coming year.

THE CANADIAN PRESS

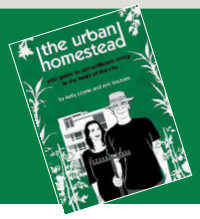
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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Computers still active in sleep mode

Did you know the energy savings from turning your computer off when not in use could pay for your next computer system, in full? It may surprise you as well, but screen savers do not save energy and many computers still consume more than 15 watts in sleep mode. Turn it off and start saving. METRO NEWS SERVICES

Going Green



Urban farming

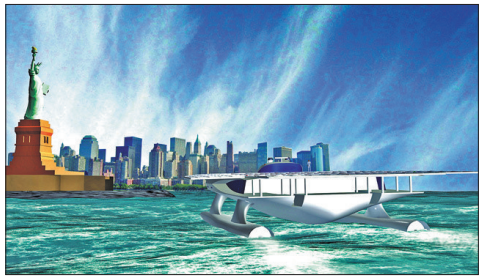
The Urban Homestead: Your Guide to Self-Sufficient Living in the Heart of the City ($12), is a hands-on guide to help you harvest your own vegetables, raise city chickens and convert your home to solar energy. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

The changing face of solar power

NADIA LODDO
Metro World News





Renewable energies have inspired two very special prototypes: a solar boat and a solar plane will be soon off around the planet.

The sun is their only motor.

That's what two innovative prototypes have in common, along with the fact that they're Swiss projects and that, by 2011, they will be taking up the challenge of doing a world tour using no other energy than what our lucky star can supply. Solar Impulse, by sky, and PlanetSolar, by sea, aspire to become the ambassadors of a green mobility revolution.

SOLAR IMPULSE

"Zero fuel, zero emissions, zero pollution," — that's the motto of the Solar Impulse project, a plane that flies using only solar energy — by day and night. Two hundred photovoltaic panels cover its 60-metre wings — the same span as an Airbus A340. When the sun shines, the electricity produced is transferred to the motors and at the same time, the turbines recharge the batteries with the surplus energy.

The first test flights will be run by the end of this year and, in 2011, Solar Impulse should be the first solar plane to undertake a tour around the world.

PLANETSOLAR

The same optimism in green solutions, research and technological advances, is at the origin of the PlanetSolar project. This 30 metre long and 35 metre wide catamaran is covered by 470 of photovoltaic panels.

"Technology and knowledge, which can allow us to live in harmony with nature, are already available now," said the Swiss skipper Raphaël Domjan, founder of PlanetSolar. "We have to show the world that these solutions exist, work and are economically viable."

Under construction since Jan. 2009 in Germany, the boat will take the seas in May 2010 at the Hamburg Port Festival. After a first tour of Europe, PlanetSolar will be sailing the world's ocean, making stops along their journey to raise awareness on the power of renewable energies.

Green Tips in brief

COMPUTERS More than three-quarters of computers sold in the Canada each year end up in a dump. That's why computers and other electronic waste make up 70 per cent of the lead, cadmium, and mercury in landfills, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. Instead of pitching it, recycle it. Give it to the non-profit iRecycle Computers.

LIGHTERS More than 1.5 billion disposable lighters end up in landfills or incinerators every year, according to Gillian Deacon's Green For Life. They carry an ugly environmental legacy — the casings are made of petroleum-based plastic, and the butane fuel is a petroleum product. Use cardboard matches instead. They are made from recycled paper and have the ability to decompose faster than lighters.

METRO NEWS SERVICES

FIRST IN THE WORLD

On November 12, 2009

Nova Scotia Power and our technology partner OpenHydro of Ireland deployed a 10-metre, one-megawatt tidal turbine in the Minas Passage in the Bay of Fundy. It was a first…

...not just for Nova Scotia.
...not just for Canada.
...but for the world.

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Great things are happening in Nova Scotia. Watch for more in 2010.

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8 **RIM's Balsillie named Business Newsmaker of the Year**

Research In Motion CEO Jim Balsillie was named Canada's 2009 Business Newsmaker of the Year, as chosen in a survey of editors and broadcasters by The Canadian Press. METRO NEWS SERVICES

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

'Cautious optimism'

Canadians have hope for economy in 2010: Survey

Uneasy, recession-weary Canadians are divided on the future of the country's economy but seem to hold much more hope for the year ahead, new research from the Royal Bank of Canada suggests.

According to the data, 60 per cent of people across Canada think the national economy will improve over the next year, after a relatively grim 2009 spent in a recessionary hangover from the global financial turmoil of 2008.

The results of the national survey, which queried Canadians on a number of issues, including how they felt about their job security, elicited a feeling of muted cheer from Craig Wright, RBC's senior VP and chief economist.

60% 60 per cent of people in Canada think the national economy will improve over the next year, according to research from the Royal Bank of Canada.

"We're viewing it with cautious optimism," Wright said. "Cautious, given the current environment and the heightened uncertainty. But optimism, in that things are expected to get better as we move through the year."

The key indicator for Wright was responses to questions about job anxiety, about the fear they or someone they love is teetering on the brink of job loss.

The RBC data shows that 21 per cent of Canadians, roughly one in five, are worried that somebody in their immediate household is in danger of losing his or her job.

That number is down from 27 per cent in December from the previous month — a sign that, gradually, the number of people who feel endangered by layoffs is going down, as the economy begins to grow again.

TORSTAR NEWS SERVICE

Aerospace industry hoping for rebound

AIRLINES When the Boeing Dreamliner 787 took to the skies for its first test flight in mid-December, it carried the hopes of the aerospace industry with it.

Boeing is betting that this smaller, fuel-efficient jet will spur demand from airlines, which will use it to fly routes all year-round that would otherwise be too expensive.

Last year was a difficult one for Canada's aerospace industry.

After enjoying an unprecedented boom from 2006 to 2008, the industry was hit by sinking demand for business jets, a higher Canadian dollar and airlines delaying delivery of new aircraft.

"From the manufacturing perspective, clearly the recession means hard times are being had," said David Stewart, partner with AeroStrategy consulting. "In 2009, orders absolutely tanked."

TORSTAR NEWS SERVICE

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Dubai **World's tallest building**



KAMRAN JEBREILI/THE ASSOCIATED PRESS

Dubai is set to open the world's tallest building amid tight security today, celebrating the tower as a bold feat on the world stage despite the city state's shaky financial footing. Burj Dubai is more than 800 metres tall and has more than 160 storeys, the most of any building in the world.

Business in brief

OILSANDS A career diplomat is keeping a close eye on the failures and successes within Alberta's oilsands and is reporting what she learns to the administration of U.S. President Barack Obama. Laura Lochman, the U.S. consul general responsible for Alberta, Saskatchewan, Manitoba and the Northwest Territories, has essentially become the eyes and ears for the White House since her appointment in Calgary last June.

GAS Calgary-based EnCana's long-awaited Deep Panuke gas project is set for production this year and could breathe new life into Nova Scotia's sluggish offshore sector, but it won't resuscitate the province's economy overnight after drowning in red ink, say analysts and industry experts.

THE CANADIAN PRESS

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Helping you find your own perfect image

OddJobs



Diane Peters

Metronews.ca/oddjobs

As the new year approaches, everyone's thinking about change. Maybe it's time for a new look, a new image? For Deborah Reynolds, 49, every day at work is about changing how people look and feel.

But her career started in a workplace where how you looked was not so important. After graduating with a degree in criminology and political science, the Vancouver resident was recruited by Corrections Canada for a job at a federal penitentiary.

Layoffs three years later led her to become an immigration investigator, where she got the chance to travel and help find and arrest major criminals.

But losing her old job "made me realize no job is secure." Encouraged by her father, she decided to start up a business on the side for extra income, and to fall back on if she ever got laid off again.

Her current job satisfied her love of working with people, but it wasn't creative. In her teens she'd loved to paint and draw and experiment with makeup.

So Reynolds took a diploma in makeup artistry on evenings and weekends.

After she graduated in the spring of 1990, she began doing makeup for weddings.

But the makeup didn't always make her clients feel beautiful, not matter how great they looked. "It's not just a surface thing, you literally had to shift how they thought about themselves and transform them."

So Reynolds kept learning: She took courses in advanced makeup, colour analysis and image and read widely on everything from fashion to self-esteem.

In 1996, she quit her job and incorporated her business. "There came a point where I couldn't do the work anymore. My mind was on my business."

As part of her initial consultation, Reynolds has image makeover clients fill out an exhaustive series of questions about their values and goals. Then, she spends two full days with them, getting them a new haircut, more stylish glasses, new makeup and new clothes.

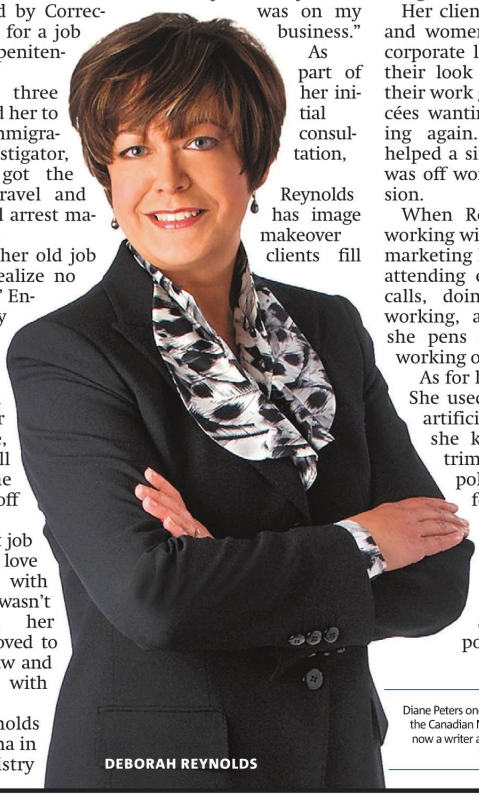
But Reynolds also spends time talking to her clients about their internal side and helps them with leadership, time management, networking skills and self image.

Her clients include men and women climbing the corporate ladder who feel their look doesn't reflect their work goals and divorcées wanting to start dating again. She recently helped a single mom who was off work with depression.

When Reynolds is not working with clients, she's marketing her business by attending events, making calls, doing online networking, and writing — she pens articles and is working on a book.

As for her own image? She used to wear long, artificial nails. Now, she keeps her nails trimmed with no polish, wears comfortable but current clothes and light makeup.

"My look is very simple and clean and polished."



DEBORAH REYNOLDS

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Image consultant
Education/training: Training or knowledge in makeup, fashion and various facets of self improvement
Best Part of the Job: "Knowing you can have an impact on people's lives."
Worst Part of the Job: "Keeping up on all the marketing."

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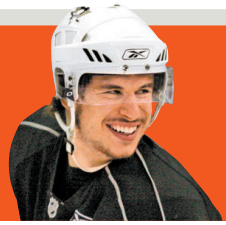
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Bedford's MacLean traded to Huskies

Bedford winger Brandon MacLean was traded from the P.E.I. Rocket to the Rouyn-Noranda Huskies for Brad Yetman last week. MacLean, a former QMJHL first-round pick, had four goals and three assists in 27 games this season. METRO NEWS SERVICES

Sports



Good week for Crosby

The accolades continue to roll in for Cole Harbour's Sidney Crosby. The Pittsburgh Penguins captain won the Lionel Conacher award as The Canadian Press' athlete of the year on Dec. 28 and made Canada's Olympic hockey team on Dec. 30. METRO NEWS SERVICES

EDITOR: DON.MCHOULL@METRONEWS.CA

Rainmen drop season opener

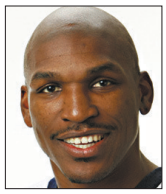
Revamped Halifax roster can't connect on shots, loses 102-87 to Oklahoma

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Rainmen have gotten a taste of what the Premier Basketball League has to offer this season.

The Rainmen, who revamped their roster after finishing out of a playoff spot in 2009, opened their second season in the PBL yesterday afternoon in Oklahoma and were beaten 102-87 by the expansion Lawton-Fort Sill Cavalry.

The Cavalry gained separation when they went on a 15-0 run at the end of the first quarter and the Rainmen's shooters went ice-cold, connecting on just 30 per cent of their shots and going an abysmal four-for-25 from beyond the arc.



Eric Crookshank

Even the team's most proven shooter, ultra-calm Desmond Ferguson, couldn't find his stroke, going two-for-14 overall and missing seven of eight three-pointers.

"We got a good effort, we just shot really poorly," said Rainmen head coach Les Berry afterward. "When we had chances to get back into it, we just couldn't make a shot."

Tony Bennett had a team-high 17 points and forward Eric Crookshank added 16. Berry said Crookshank, guard Gary Ervin and forward John Strickland had "great games."

The Cavalry, coached by former NBAer Michael Ray Richardson, aren't an unknown entity.

They won back-to-back titles in the now-defunct Continental Basketball Association and retained a number of key players from that squad.

"They're very good," Berry said. "A lot of teams are going to have a problem winning here. Good crowd, high-energy, very physical, and they're good players. They're beatable, but we've got to shoot better than 30 per cent to do it."

Rainmen sign pair

- The Halifax Rainmen have signed a pair of players they hope will make an immediate impact in their lineup. Sharp-shooting guard Greg Plummer and high-scoring forward Cory Underwood are both expected to join the team for Thursday's road game against the Quebec Kebs. The six-foot-four Plummer averaged 14.1 points on 44.3 per cent three-point shooting for Vermont last season. Underwood, who stands six-foot-10, averaged 11.1 points and 4.8 rebounds with Albuquerque of the NBA D-League. Owner Andre Levingston said Plummer will help "stretch the floor," while Underwood fills a void that was created when Mark McCarroll left the Rainmen last week. Because of the Premier Basketball League's 12-man roster limit, guards Lonnell Jones and Devon Norris are on Halifax's practice roster and won't play unless injuries hit.



RYAN TARLINTON/METRO HALIFAX

Saint Mary's Huskies guard Mark McLaughlin drives to the hoop between St. F.X. defenders Jeremy Dunn, left, and Chad Warren during the first half of yesterday's Rod Shoveller Memorial Tournament at the Dalplex.

Uchegbu scores 18 as Huskies win Shoveller tournament

MATTHEW WUEST
matthew.wuest@metronews.ca

BASKETBALL The Saint Mary's Huskies won the Rod Shoveller university basketball tournament at Dalplex yesterday.

Four players hit double figures, led by 18 points and nine rebounds from Ikeobi Uchegbu, as the Huskies beat the St. Francis Xavier X-Men 71-66 at the 19th annual exhibition event.

Mark McLaughlin added 16 points, Joey Haywood had 12 and Miguel Pink 11 for the Huskies, who were 4-2 in the first half of the Atlantic University Sport season.

The X-Men, who have a 5-0 record this season, had a 52-51 edge at halftime, but the Huskies scored the first hoop of the second half and held the lead the rest of the way. Christian Upshaw, a guard from Halifax, had a game-high 21 points and added eight rebounds for X.

In other action, fourth-year guard Simon Farine had a game-high 22 points as the host Dalhousie Tigers lost 72-52 to the Ottawa Gee Gees in the third-place game.

The AUS regular season resumes Friday.

m.metronews.ca

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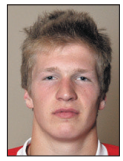
Injuries, losses piling up for depleted Mooseheads

HOCKEY The Halifax Mooseheads are scrambling just to ice a full roster while the losses continue to pile up.

Missing five regular forwards, including captain Tomas Knotek, and more going down injured by the period, the Mooseheads dropped their fifth straight game yesterday in Charlottetown, 4-1 to the Prince Edward Island Rocket.

Brent Andrews (world under-17), Alex Lemieux (wrist), Charles Bety (two-game suspension) and Jordan Costello were out of the lineup to start the night and veteran winger Linden Bahm left with a broken wrist in the second period.

"We're pretty thin up front," acknowledged head coach and general manager Cam Russell afterward.



Gabriel Desjardins

"We're not generating a ton of scoring chances ... You're missing a really big part of your team when guys like Knotek and Andrews and others are out. We're just missing a lot of guys."

Further complicating matters, a trio of defencemen also got hurt. Garrett Clarke has a concussion after what Russell called a "sucker punch" from the Rocket's Josh Currie; Sawyer Hannay has a lacerated ankle and could miss up to a week; and Spencer Metcalfe missed part of the game because of illness.

The Rocket got out to a 3-0 lead after 40 minutes. Gabriel Desjardins scored the Mooseheads' lone goal in the third and Mathieu Corbeil stopped 26 shots.

"I thought we played well," Russell said. "We played hard. We came out and we had good jump."

The Mooseheads have used Haligonians Justin Belanger (called up) and Andrew Wigginton (acquired last week for a draft pick in a trade with Bathurst), as well as Quebec midget AAA callup Matthew Boudreau, to fill the gaps up front.

The last-place Mooseheads (8-30-3) have slipped a full 12 points out of the playoff race with their recent slide. They return to action on Friday at home against the Montreal Juniors. MATTHEW WUEST/ FOR METRO HALIFAX

World under-17

- Team Atlantic beat Team West 4-2 yesterday to finish seventh at the world under-17 challenge in Timmins, Ont. Halifax Mooseheads forward Brent Andrews had an outstanding tournament, finishing with three goals and two assists in four games.

Johnson joins 2,000-year club
Chris Johnson of the Tennessee Titans became the sixth player in NFL history to rush for 2,000 yards in a season yesterday. Johnson joined Eric Dickerson, Jamal Lewis, Barry Sanders, Terrell Davis and O.J. Simpson in the 2,000-yard club. THE ASSOCIATED PRESS



Cowboys win their division, Steelers miss the playoffs

Dallas won a division title, Baltimore earned a wild-card spot, the Super Bowl champs headed home, and the NFL's last playoff berth went down to the final game.

Next week's first round will include at least two rematches of games yesterday, and possibly three. The playoffs won't include the defending champion Pittsburgh Steelers.

While Tony Romo and the Cowboys romped over Philadelphia 24-0 to help set the NFC matchups, the AFC pairings took longer to settle.

The Ravens (9-7) grabbed one AFC wild-card spot when they beat Oakland 21-13, and the New York Jets took the other with a 37-0 win over the Cincinnati Bengals in the late game.

Top seeds

- New Orleans (13-3) is the NFC's No. 1 seed, but lost its final three games.
- Indianapolis, which dropped its last two games, is the AFC's top seed at 14-2.

There will be no cold-weather games in the second round. Hosts Minnesota, New Orleans and Indianapolis play inside domes, and San Diego is the other site.

For the second straight year, the Eagles-Cowboys showdown was a rout. This time, Dallas did the damage.

The Cowboys won the NFC East by defeating Philadelphia 24-0. The teams will meet again next weekend at Cowboys Stadium in the wild-card round. Dallas swept Philadelphia this season to earn the division crown, dropping the Eagles to the sixth seed, both at 11-5.

Kurt Warner and the Cardinals will host the Packers next Sunday after Green Bay (11-5) beat them 33-7 Sunday. Arizona (10-6), the NFC's third seed a year ago, will be No. 4 this time. Baltimore, which began the season 3-0, will be at New England on Sunday.

THE ASSOCIATED PRESS

It's Called Football



Ben Rycroft
will return next week

'The opportunity of a lifetime'

Hall scores twice in 6-1 win over Switzerland to secure return to final

WORLD JUNIORS
Canada 6 Switzerland 1

Taylor Hall and his Canadian teammates are one win away from making hockey history.

Hall scored two goals as Canada beat Switzerland 6-1 yesterday in semifinal action at the world junior hockey championship, giving the Canadians a chance at a record sixth straight gold medal.

"It's very special," the gifted left-winger said. "When you're put in that position, you do everything you can to achieve it.

"This is the opportunity of a lifetime for us, just to get to the final. To win that sixth goal medal would be unbelievable."

Defenceman Marco Scandella's short-handed goal in the second period proved to be the game-winner as Canada reached the final for a ninth year in a row.

They will play the winner of a later Sweden-U.S. game in the final tomorrow (TSN, 9 p.m.). Canada is guaranteed to win a medal in a 12th straight world junior tournament.

"It's one thing to go to the world juniors, but another to be competing for a gold or silver medal," added Hall, a favourite to go first overall in the NHL draft who hasn't hurt his prospects with five goals in as many games at the world juniors. "Everyone's jacked up about it and hopefully everyone brings their A-game."

Switzerland, which pulled out a stunning 3-2 overtime win in the quarter-finals over Russia on Saturday night, will play for the bronze medal. The only world junior medal won by the Swiss was a bronze at the 1998 tournament.

Jordan Eberle, with his sixth of the tournament, Brayden Schenn and Stefan Della Rovere also scored for Canada, which outshot the Swiss 44-21 before a less than sellout crowd of 13,427 at the Credit Union Centre.

Mauro Jorg scored Switzerland's goal.

Travis Hamonic, Scandella's defence partner, was shaken up as things got chippy in the final minute and he was boarded by Swiss forward Jeffrey Fuglister, who was given a major and a game misconduct.

Coach Willie Desjardins said he would have a better idea about Hamonic's condition today, but wasn't upset at the hit.

"The guy played hard and finished his check — I don't think it was more than that," he said.

Hall said he did not like the hit at all.

"I thought it was very unsportsmanlike of him to do that," he said.

And Swiss star Nino Niederreiter said Canada's Nazem Kadri refused to shake his hand after the game in which the two often played head to head.

"I wanted to shake but he took his hand away. I don't know what happened there," said Niederreiter.

THE CANADIAN PRESS



GEOFF HOWE/THE CANADIAN PRESS

Team Canada's Marco Scandella, left, is congratulated on his goal by teammate Travis Hamonic during semifinal world junior action versus Team Switzerland in Saskatoon, Sask., yesterday.

Knotek hat trick

- In an earlier relegation game, the Czech Republic downed Latvia 10-2 on three goals from Halifax Mooseheads captain Tomas Knotek.

Habs can't foil Sabres netminder Miller

NHL
Sabres 1 Canadiens 0

AT

Ryan Miller is getting the hang of protecting one-goal leads in Montreal.

The Sabres netminder made 29 saves for his league-leading fifth shutout of the season as Buffalo extended its winning streak to four games yesterday afternoon with a 1-0 victory over the Canadiens.

Tim Connolly scored the game's only goal in the second period.

Miller's two best saves came off Mike Cammalleri in the final minute of regulation with Montreal pressing, foiling the Habs sniper on a one-timer with about 40 seconds to play and a dangerous wrist shot with just over 10 seconds remaining.

"He just kind of gets lost out there," Miller said of Cammalleri. "I knew somebody was there for a shot and it was probably him, I kind of saw him disappear while the puck was on the other side."

On the Sabres last trip to Montreal on Dec. 14, Miller stopped Cammalleri on a similar one-timer with 19 seconds left in regulation to preserve a 4-3 victory.

Miller's late-game heroics improved his record to 23-8-3 for the division-leading Sabres (26-11-4), who are now seven points clear of the Boston Bruins in the Northeast Division.

Cammalleri, who generally loathes giving goalies much credit, admitted Miller got the better of him.

"He was good again," said Cammalleri. "Obviously he was really good, because we didn't get any by him. We don't want to be giving up shutouts, that's not good, but he was good."

Carey Price made 29 saves in goal for the Canadiens (21-20-3), but he still lost for the fifth time in his last six starts.

THE CANADIAN PRESS

Sports in brief

SOCCER Third tier Leeds knocked Manchester United out of the FA Cup in one of the competition's most famous upsets yesterday. Jermaine Beckford's 19th minute strike at Old Trafford gave League One leader Leeds a memorable victory at a ground where it had not won since 1981.

BASKETBALL Chris Bosh became the Toronto Raptors' highest career regular-season scorer yesterday when he drained a 16-foot jumper with 1:39 to go in the third quarter against the San Antonio Spurs.

METRO NEWS SERVICES

SCOREBOARD

NHL
YESTERDAY'S RESULTS
Ottawa 7 Philadelphia 4
Buffalo 1 Montreal 0
Chicago 5 Anaheim 2
Florida 6 Pittsburgh 2
SATURDAY'S RESULTS
Calgary 3 Toronto 1
Vancouver 3 Dallas 1
San Jose 4 Edmonton 1
Carolina 2 N.Y. Rangers 1 (OT)
Chicago 6 St. Louis 3
Colorado 3 Columbus 2
Detroit 4 Phoenix 1
Los Angeles 2 Washington 1
Nashville 3 Anaheim 1
New Jersey 5 Minnesota 3
N.Y. Islanders 6 Atlanta 5 (SO)
Tampa Bay 3 Pittsburgh 1

NBA
YESTERDAY'S RESULTS
Toronto 91 San Antonio 86
Charlotte 91 Cleveland 88
New York 132 Indiana 89
Philadelphia 108 Denver 105
Dallas at L.A. Lakers

NFL
YESTERDAY'S RESULTS
Atlanta 20 Tampa Bay 10
Baltimore 21 Oakland 13
Buffalo 30 Indianapolis 7
Carolina 23 New Orleans 10
Chicago 37 Detroit 23
Cleveland 23 Jacksonville 17
Dallas 24 Philadelphia 0
Green Bay 33 Arizona 7
Houston 34 New England 27
Kansas City 44 Denver 24
Minnesota 44 N.Y. Giants 7
Pittsburgh 30 Miami 24
San Diego 23 Washington 20
San Francisco 28 St. Louis 6
Tennessee 17 Seattle 13
N.Y. Jets 37 Cincinnati 0

Barkley, Weaver to host SNL

Charles Barkley and Sigourney Weaver will host the first two new episodes of Saturday Night Live in 2010. The basketball legend will guest on the Jan. 9 show. On Jan. 16, Weaver, currently appearing in Avatar, will host. EW.COM

Entertainment



Grunge reunion

Former Soundgarden frontman Chris Cornell confirmed via Twitter that the band is getting back together. "The 12-year break is over & school is back in session," Cornell tweeted. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Feel good about getting naked

New series helps women rediscover who they are

IAN JOHNSTON
for Metro Canada

To be honest, the series How To Look Good Naked Canada could just as easily be called How To Feel Good Naked Canada.

"The show goes beyond a new haircut or attractive clothes," says Zain Meghji, the ever-present, enthusiastic host of the new W makeover series.

"Granted, it's a TV show. But for the women, it's like going through a personal development course all in one week. There's a psychological aspect to it. And I'm their guide on their journey to rediscover themselves."

Based on the smash hit British version, How To Look Good Naked Canada does in fact deliver on its naughty title — with participating women beginning each episode in their underwear before a full length mirror. What then ensues are some of the usual makeover segments and beauty tips, all culminating in a nude photo shoot.

"Literally, she begins the show stripped down. She's exposed, vulnerable and forced to look at herself ... Then it's all about accentuating the best, and dressing the rest."
Zain Meghji

"Literally, she begins the show stripped down," says Meghji, who has worked as an actor and entertainment reporter for TV's eTalk.

"She's exposed, vulnerable and forced to look at herself and tell us what she likes about her body. Then it's all about accentuating the best, and dressing the rest."

It can be quite an emotional ride for participating women, many of whom suffer from serious long-term self-image issues. In the premiere episode, for instance, a single Toronto mother recounts the sad story of being called "fat and ugly" by her mother.

Meghji says many participants don't have full length mirrors and haven't looked at themselves in years. "Some women don't even know what they look like. They're making up a story without even looking.

"You gotta look! You gotta accept!"

Not that the show is always successful. Meghji says many participants do feel truly better about themselves by the end of the series. Some ... not so much.

"Each woman reacts differently. Some go through it and say — I'm forever changed. But you wonder — are they really?" he says.

"Some you can see in their eyes that they have changed. And some women are resistant even when it's done."



Zain Meghji hosts the new W makeover series How To Look Good Naked Canada.

On TV

- Episodes one and two of How To Look Good Naked Canada premiere tomorrow night on W.

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metro

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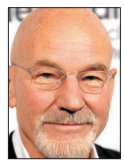
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metro

Stewart receives knighthood in U.K.

There's an especially starry knight in Britain's latest round of royal honours.



Stewart

Patrick Stewart — Star Trek: The Next Generation's Capt. Jean-Luc Picard — becomes Sir Patrick in Queen Elizabeth II's New Year honours list, which also includes a knighthood for theatre and film director Nicholas Hytner.

"This is an honour that embraces those actors, directors and creative teams who have in these recent years helped fill my life with inspiration, companionship and sheer fun," said 69-year-old Stewart, who recently returned to the British stage following a long career in Hollywood that included playing Professor Charles Xavier in three X-Men films.

Erich Reich, a refugee from Nazi-occupied Europe who organized last year's 70th anniversary of the Kindertransport, which brought 10,000 children to wartime Britain, also received a knighthood.

A separate honours list in New Zealand bestowed a knighthood on the king of Middle Earth — Lord of the Rings filmmaker Peter Jackson. Jackson, 53, was knighted in New Zealand, his native land and the filming location for the trilogy, which collected 17 Academy Awards. The New Zealand award is approved by the queen, the country's head of state.

Jackson is currently working on the two-movie prequel The Hobbit, based on a book by J.R.R. Tolkien, with director Guillermo del Toro.

THE ASSOCIATED PRESS

Castro's Saturday wedding

Jason Castro is a married man, according to tweets from guests at his wedding Saturday. The 22-year-old dreadlocked singer-songwriter, who finished fourth on Season 7 of American Idol, wed girlfriend Mandy Mayhall in his hometown near Dallas. PEOPLE.COM



Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to The Associated Press:

1. **Avatar:** $75 million US
2. **Sherlock Holmes:** $65.4 million
3. **Alvin and the Chipmunks: The Squeakquel:** $50.2 million
4. **It's Complicated:** $22.1 million
5. **Up in the Air:** $11.8 million
6. **The Blind Side:** $11.7 million
7. **The Princess and the Frog:** $8.7 million
8. **Nine:** $5.5 million
9. **Did You Hear About the Morgans?:** $5 million
10. **Invictus:** $4.4 million

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

Griffin's vulgar quip on CNN

CONTROVERSY For the second straight year, comedian Kathy Griffin ushered in the new year by saying something vulgar on CNN.

During the network's live New Year's Eve broadcast from Times Square, Griffin was joking with co-host Anderson Cooper about how to pronounce the first name of "balloon boy" Falcon Heene when she mumbled something that sounded a little like "Falcon" and a lot like the F-word. Cooper hung his head, shook it and said "You're terrible," before resuming his banter.

The network said in a statement Friday that it "regrets that profanity was used during our New Year's Eve coverage."

During the same show a year ago, Griffin gleefully shouted at a heckler in the crowd and made a joke implying that the man performed gay sex acts for a living.



Kathy Griffin

In a statement released by her publicist Friday, Griffin made light of the "balloon boy" joke: "Like every other serious reporter covering the now infamous balloon boy hoax, I struggled to pronounce his name Falcon correctly and have gotten a kick out of how many ways I've heard it pronounced by other serious reporters. Just add me to that list and happy new year!" THE ASSOCIATED PRESS

In brief

ARREST Police say a man who appeared in a Discovery Channel reality show about crab fishing off Alaska is wanted for three bank robberies and has been arrested. Police say they arrested Joshua Tel Warner Thursday. THE ASSOCIATED PRESS

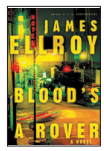
Kenya's Style



Kenya Hunt

Exclusively at metronews.ca/globalstyle

The dark side of the '60s



Blood's **A Rover**

Author: James Ellroy
Publisher: Knopf
Price: $35 (Hardcover)

FROM THE HEIST that opens this entertaining novel, Blood's A Rover takes readers on a thrilling ride through 1960s America. Completing James Ellroy's Underworld USA Trilogy after American Tabloid and The Cold Six Thousand, this book follows three central protagonists tied to dark back-stories of characters like aviator Howard Hughes and FBI director J. Edgar Hoover, and groups like the mob and the CIA. Written in Ellroy's highly stylized tone, paired with high action, the book captures an equally outstanding and gritty portrait of a country undergoing change.



L.A. **Noir**

Author: John Buntin
Publisher: Crown
Price: $32 (Hardcover)

GOVERNING MAGAZINE writer John Buntin presents a fantastic, well-rounded and researched account of Los Angeles' history between the 1920s and '60s, presenting the metropolis as a true vice city. The chronicle relays the biographies of two seeming opposites, related by outsider status: William Parker, LAPD chief and law enforcement reformer, and mobster Mickey Cohen. Following each man's growth and effect on the city, Buntin explores the L.A. underground, while discovering roots of the city's future social struggles. Coloured with celebrity appearances, the book brings culture, history and politics together.

BookPicks

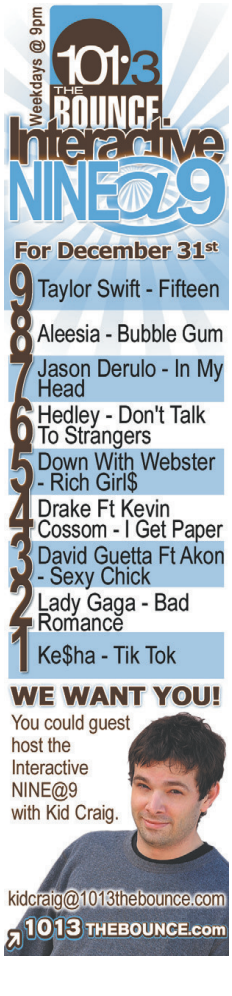


Last Night In **Twisted River**

Author: John Irving
Publisher: Random House
Price: $34.95 (Hardcover)

NEW HAMPSHIRE'S Androscoggin River is the symbolic title body that flows through the pages of American novelist John Irving's latest. Opening in the mid-1950s, Last Night In Twisted River follows Dominic Baciagulpo and his son Danny, employed in a logging camp kitchen. A water death that opens the novel and subsequent accidental killing urge the father and son to flee the camp, escaping to Massachusetts, Vermont, Iowa and Ontario over the book's 50-year span. Mixing conflicts of crime and Danny's struggles as a writer across locales, the novel can be haphazard in plot but remains in Irving's style.

Brian Coulton/for Metro Canada



HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/4/10	31	31	31 ABC	News Center 5	World News	Inside Edition	Chronicle	The Bachelor: On the Wings of Love (N)				Conveyor Belt
	7	7	7 ASN	The Road to Avonlea		Degrassi: Next	TMZ (N)	*Meet Joe Black* ★★ (1998, Fantasy) Brad Pitt, Anthony Hopkins.				
	11	11	11 CBC	Wheel Fortune	Jeopardy! (N)	18 to Life	Little Mosque	Winnipeg Comedy		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	La force	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	Les Gags	Bloopers TVA	Juste pour rire "Hommage à RBO" (N) (SC)			Sketch Show	TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	Drop Dead Diva "Pilot"		Heroes (HDTV) Claire is suspicious of Samuel. (N)				News Final (N)
	9	9	9 CJCH	etalk	Access H.	CSI: Miami (HDTV)		Law & Order		Two/Half Men	Big Bang Th	CTV News
	10	10	10 ELTV	Face to Face	Fishing	Sportsland (Live)		Face to Face	Sportsland		Community Matters	
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Foot. Pregame	College Football Tostitos Fiesta Bowl -- Boise State vs. Texas Christian.				
	12	12	12 NBC	News (N)	NBC News	Access H.	Extra (N)	Heroes (HDTV) Claire is suspicious of Samuel. (N)				Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		Beatles
	4	4	4 PBS-B	PBS NewsHour (N)		Greater Boston	Chronicles	Antiques Roadshow (N)		This Emotional Life (N) (DVS)		
	35	35	35 PBS-D	PBS NewsHour (N)		Business Rpt.	Worldfocus	Antiques Roadshow (N)		This Emotional Life (N) (DVS)		
	68	68	68 TQS	Guerre clans	30 Rock (SC)	Wipeout (N) (SC)		CSI: NY "L'intérieur" (SC)		Le Mentaliste (N) (SC)		Guerre clans
	23	96	96 BNN	Business News	Headline	Market Call Tonight		MoneyTalk	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Cooper 360
	54	54	54 GOLF	Golf Central	Play Lessons	The Golf Fix	Play Lessons	Big Break: Mesquite		Big Break: Mesquite		The Golf Fix
	52	52	52 RSE	Connected W-Prime Time		Hockey	Skiing	Billiards: US Open 9 Ball		Best Damn Toughman		Sportsnet Con.
	55	55	55 SCOR	HSR	Covers Experts	RaceNight				(10:15) WWE Monday Night RAW		
	45	45	45 SPD	Unique Whips		Pass Time	Pass Time	SuperCars	SuperCars	Barrett-Jackson		Auctions
	53	53	53 TSN	Off the Record	SportsCentre	NHL Hockey Boston Bruins at New York Rangers. (HDTV) (Live)					SportsCentre	
	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26 TREE	Timmy Time	3rd & Bird	Backyardigans	Night Garden	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar
	27	27	27 YTV	iCarly	To Be Indie	Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz (N)
	16	16	16 A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Intervention (HDTV)		Intervention "Sarah" (N)		Hoarders
	70	70	70 APTN	APTN National News (N)		Hockey	Shaputuan	Notre Peuple "The Experimental Eskimos"			Esperanza (1994, Aventures)	
	50	50	50 BET	106 & Park: BET's Top 10 Live				The Game	The Game	*State Property 2* (2005, Crime Drama)		
	37	37	37 BRVO	Wind at My Back		Ex Machina in Russia		A Bronx Dream		Saturday Night Divas		Altered
	25	25	25 CMT	Dance With Me	Lady	Due South		Amer. Funniest Home Videos		Gilmore Girls		*Broken*
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Red Green
	153	153	153 COURT	W-FIVE		Situation Critical		Cops Uncut	Dumb Criminal	Trace Evidence-Dr. Henry Lee		Critical
	38	38	38 DISC	Destroyed	Destroyed	Discovery: 15 Years		MythBusters		Man vs. Wild "Texas"		Dirty Jobs (N)
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters
	46	46	46 HIST	Dogfights "The Greatest Air Battles" Dogfighting.				Greatest Tank Battles		Lost Worlds		Shockwave
	17	17	17 MM	Secret Life of American Teen		Secret Life of American Teen		So You Think You Can Dance		So You Think You Can Dance		Video on Trial
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		Fabulous Life Of...		Entourage
	201	201	201 M1	(7:15) *The Longshots* ★★ (2008, Docudrama)				Sanctuary "Edward"		Tracey Ullman	Tracey Ullman	Secret Diary
	48	23	23 OLN	Mantracker		Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	51	51	51 PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*The Wood*
	206	206	206 PIX	(6:40) *Jeffrey* ★★★ (1995, Comedy)			(8:20) *Warrior Spirit* (1994, Adventure)			*A Fish Called Wanda* (1988, Comedy)		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	Relic Hunter		*The Suspect* (2005, Suspense) Jamie Luner.				Bones
	40	40	40 SLICE	What Happen?	Wedding SOS	Rich Bride, Poor Bride		Nearly Dead	Newlywed	Tori & Dean-Sweet Hollywood		Make Love
	47	47	47 SPACE	(5:20) *Stargate* (1994)		Stargate Atlantis (DVS)		*X2: X-Men United* ★★★ (2003, Fantasy) Patrick Stewart, Hugh Jackman.				
	14	14	14 SPIKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		TNA Wrestling (HDTV) (Live)				
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV)		Dr. Oz Show
	21	21	21 TLC	Say Yes-Dress	Say Yes-Dress	Little People	Little People	Little People	Little People	Cake Boss (N)	Cake Boss	Choc. Champ
	56	34	34 TROP	Carlawood	Prod. Parker	Re-Vamped		Parking Wars	Parking Wars	Flipping Out (N)		Launch-Line
	20	20	20 TV5	Que.-champion	Journal de Fr2	Les Carnets du bourlingueur		Des racines et des ailes				Club social
	28	28	28 V	Doc "Swing Shift"		Murder, She Wrote		Husband & I	Wait for God	CBC News: the fifth estate		Unscripted
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case		Missing Spring break.		The Closer		Cold Case
	22	22	22 W	House-Sell	House-Sell	Supernanny		Dine With Me	How Clean Is	Love It or List It "Shanahan"		Love It-List It
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	One Tree Hill (HDTV)		Gossip Girl (HDTV)		WGN News

critics' corner

Little Mosque on the Prairie
Remember that charity boxing match that the Rev. Thorne (Brandon Firla) tricked Amaar (Zaib Shaikh) into taking part in? Amaar managed to land a few good punches on Thorne, and he feels terrible about it. He's going to feel worse, though, when he discovers that Thorne is faking his injuries to make him look bad. 8:30 PM on CBC



The Bachelor: On the Wings of Love
Airline pilot Jake Pavelka, who was rejected by Bachelorette Jillian Harris, gets a chance to hand out the roses himself in the 14th edition of the romantic reality series. Pavelka had viewers swooning when, of his own accord, he returned to the show even after Harris had rejected him to protect her from some unsuitable candidates, prompting a grass-roots fan campaign to make him the next Bachelor. 9 PM on ABC

Come Dine With Me
Most of us worry about our guests judging us when we entertain, but the folks in this British series are actually courting such a reaction. Five strangers take turns hosting dinner parties in their homes for one another. At the end of the evening, the four guests score their host's menu, hospitality and presentation, and when all the parties have been given, the host with the highest rating wins a cash prize. 9 PM on W



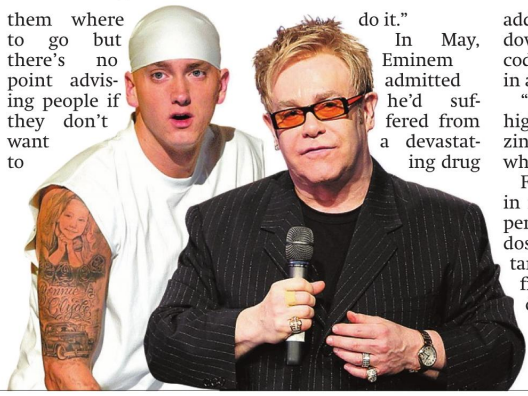
It's going to be called *Solteras*
Jennifer Aniston has big plans for the new year, and they don't involve acting. "If all goes well I hope to open a Mexican restaurant in New York City in 2010," Aniston tells the Daily Mirror. METRO WORLD NEWS

Celebrity Buzz

Elton John helps Eminem battle drugs

HE WON'T LET THE SUN GO DOWN ON HIM Elton John is there for Eminem, who is battling a drug problem, people.com reports. "I've been helping Eminem over the last 18 months and he's doing brilliantly," John says, reports the British Press Association.

Speaking to BBC Radio 5 in the U.K. on Saturday, John, 62, who has freely spoken about his own past issues with substance abuse, said: "I'm there if people want my help. If people ask for help you tell them where to go but there's no point advising people if they don't want to do it."



In May, Eminem admitted he'd suffered from a devastating drug addiction that led to him downing as many as 20 Vicodin, Ambien and Valium in a day.

"The numbers got so high," he told Vibe magazine, "I don't even know what I was taking."

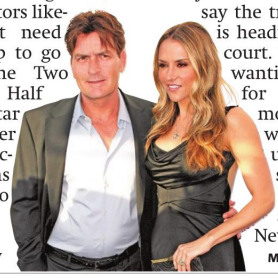
Following his first stint in rehab in 2005, the rapper, 37, said he nearly overdosed after an acquaintance gave him unidentified blue pills, which a doctor later told him were actually methadone.

METRO NEWS SERVICES

Attorney: Police won't drop any charges against Sheen

'UH, JUDGE JUDY, THERE'S A GUY NAMED CHARLIE ON LINE ONE...' Brooke Mueller may want to drop the restraining order made against husband Charlie Sheen after their Christmas Morning row, but prosecutors likely don't need her help to go after the Two and a Half Men star since her initial accusations were so serious, defense attorney Roy Black tells Good Morning America.

"There's no question they can proceed without her cooperation because they can use her statements, her 911 call," Black says. Meanwhile, sources say the troubled couple is heading for divorce court. "Brooke's been wanting a divorce for at least two months, but she was holding out until Charlie signed a new contract," a source tells E! News.



METRO WORLD NEWS

Tequila blames pregnancy mis-Tweet on lack of space

PUTTING THE 'TWIT' IN TWITTER Thought Tila Tequila was with child? Blame it on Twitter, usmagazine.com reports. The reality star misspoke — er, mis-Tweeted — when she she announced Dec. 20 that she was pregnant and carrying a surrogate child for her brother and his wife. The pregnancy, she said at the time, was a Christmas gift.

In an interview Dec. 22, Tila explained the apparent mix-up to UsMagazine.com: "I said I'm going to become a surrogate mother for my brother and his wife. That means I'm going to be pregnant. But the words 'going to be' didn't fit," she explained. (Twitter posts are limited to 140 characters.) "So I said 'I'm pregnant.' I'm not, but I'm going to be."



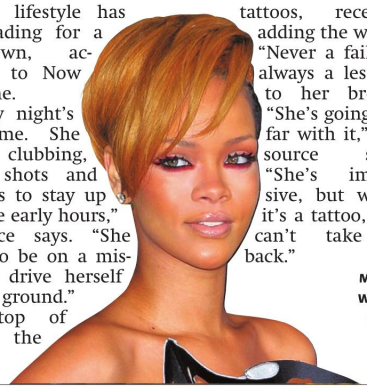
METRO NEWS SERVICES

Rihanna's wild ways starting to worry friends

PARTYING *SO HARD?* Friends are worried that Rihanna's raucous lifestyle has her heading for a breakdown, according to Now Magazine.

"Every night's the same. She goes clubbing, downs shots and manages to stay up until the early hours," a source says. "She seems to be on a mission to drive herself into the ground."

On top of that, the singer seems to be indulging even more in her obsession with tattoos, recently adding the words "Never a failure, always a lesson" to her breast. "She's going too far with it," the source says. "She's impulsive, but when it's a tattoo, you can't take it back."

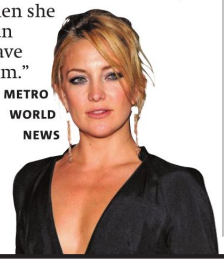


METRO WORLD NEWS

Was Madonna behind Kate and A-Rod's breakup?

THREE STRIKES, HE'S OUT Kate Hudson ended her eight-month relationship with Alex Rodriguez because of his infatuation with ex Madonna, according to OK! Magazine. The Yankees slugger and the pop star had dated prior to he and Hudson getting together, and Hudson was reportedly irked that Rodriguez was still keeping in touch with his ex.

"Kate was mad with jealousy," a source says. "She gave A-Rod three chances to stop contacting Madonna. She said that if Madonna is what A-Rod wants, then she can have him."



METRO WORLD NEWS

Celebrity tweets

Nick Cannon heads east, Paris Hilton is baffled by the cold weather in Aspen, Jonathan Ross wants to be nicer, and Jane Fonda goes to some interesting parties.

- @NickCannon On my way to China as we speak. Hopefully I can tweet from over there! BOSS UP!
- @ParisHilton It's snowing really heavily on the mountain. I hate skiing in the snow, it's much more fun when it's a bit sunny out. I'm cold :(So brutal.
- @wossy I have decided that one of my New Years Resolutions is to stop scowling at the paparazzi. Wish me luck.
- @Janefonda Sean Penn brought Mickey Avalon to our xmas party. He sang "Do The Jane Fonda" and I danced. Fun!!!



METRO NEWS SERVICES

Nordegren rings in new year, birthday in Tiger-free zone

FIRST 'YOU GO GIRL' MOMENT OF THE DECADE Elin Nordegren rang in the new year — and celebrated her 30th birthday — at a lavish ski resort in the French Alps, though husband Tiger Woods was nowhere to be seen, according to the Sun.

Nordegren stayed with her twin sister and five pals at a seven-bedroom, $8,000 a night chalet near the Chamonix resort. "Elin wanted to take her family and close friends away from the minefield Tiger has created by his behavior," a source tells the newspaper.



METRO WORLD NEWS

Roseanne's ex reinvents himself as an anti-addiction crusader

PSEUDO-CELEBRITY REHAB Attention Hollywood socialite drug users: Tom Arnold is here to help. The recovering addict used his power of persuasion to urge actor-socialite Jason Davis to enter rehab this week, RadarOnline.com is reporting.

The True Lies star along with Davis' brother Alexander showed up at an apartment where Jason was staying and staged an emergency intervention on Wednesday.

They convinced Davis he was in danger of losing his life if he didn't quit drugging. He apparently accepted and will enter a rehab facility.



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- CTV Studio
- Delta Halifax - Crown Bistrot Restaurant
- The Five Fishermen
- Halifax Citadel National Historic Site
- Hamachi Kita Sushi & Asian Flare
- Hamachi Steakhouse Bar & Grill
- MacAskill's Waterfront Warehouse
- Moxie's Classic Grill
- Ryan Duffy's
- Saege Bistro
- Saint Mary's University
- Stories
- Taj Mahal
- The Halifax Club

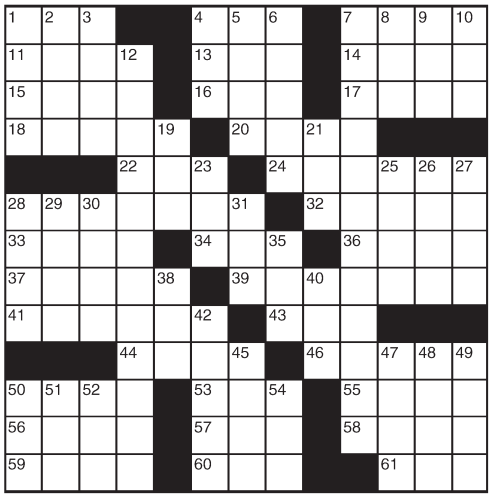
Visit: www.blinddatewithastar.ca for more event information!

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Wednesday Variable 2° / -1°
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Take Five



ACROSS

1 Peculiar
4 Bikini half
7 Poet Angelou
11 Satirical comic Sahl
13 "— the ramparts ..."
14 Mid-month date
15 Celebrity
16 Witty one
17 Last year's frosh
18 Skewered entree
20 Mineral hardness scale name
22 Apprehend
24 Toy (with)
28 Sheriff
32 Did a cobbler's job
33 Composer Khachaturian
34 Catch some rays
36 Require
37 Stiff
39 Lustrous, in a way
41 Meryl Streep's alma mater
43 Hawaiian garland
44 Overly confident
46 Fake drake
50 New Zealand bird
53 Bow the head
55 Coffee
56 Reverberate
57 Raw rock
58 Mideast sultanate
59 Night light?
60 Fresh
61 Wapiti

DOWN

1 Siberian city
2 Be too fond
3 Colorless
4 Violinist's need
5 Paper quantity
6 Shop talk
7 City in Orange County, Calif.
8 Commotion
9 "Uh-huh"
10 Blond shade
12 Message
19 "Hum-bug!"
21 Storefront sign abbr.
23 Cudgel
25 Run off
26 Ogler's look
27 Vortex
28 Sportscaster Albert
29 Met melody
30 "Before," in an Alger story
31 — Vegas
35 Zero
38 Weir
40 Started
42 Talk nonstop
45 Former veep
47 Arrived
48 Elliptical
49 Tug hard
50 Trivia maven Jennings
51 Lemieux milieu
52 Which person
54 Morning moisture

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2						4	7	
	6	5			8			
		8			4	5		
5				9			2	
	8	9				7	6	
	3			5				1
		7	2			6		
			6			3	5	
	5	1						7

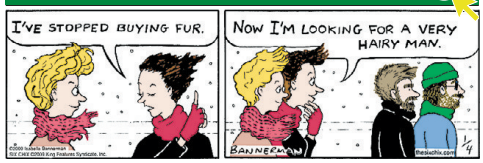
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	1	7	6	4	8	2	5	3
4	6	5	2	3	7	9	1	8
8	3	2	1	5	9	4	6	7
1	7	4	9	8	6	5	3	2
5	8	3	4	2	1	7	9	6
6	2	9	5	7	3	8	4	1
3	5	8	7	1	4	6	2	9
7	4	6	3	9	2	1	8	5
2	9	1	8	6	5	3	7	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Greek-style Pizza

INGREDIENTS:

2 tbsp (25 mL) olive oil
1 tsp (5 mL) balsamic vinegar
1 small red onion, thinly sliced
1 large ready-made pizza base, or two small pizza bases
3 tbsp (45 mL) sun tomato paste
8 cherry tomatoes, halved
1 3/4 oz (50 g) sun-dried tomatoes in oil, cut into thin slices
12 pitted black or green olives
5 oz (150 g) feta cheese, crumbled

METHOD:

1. Preheat oven to 425°F (220°C). Whisk 1 tbsp (15 mL) oil and vinegar in bowl, add onion rings and toss to coat. Leave while you prepare remaining ingredients.

2. Spread pizza base with sun-dried tomato paste. Arrange onion rings and cherry tomatoes on top, then scatter with sun-dried tomato slices, olives and feta cheese. Drizzle remaining oil over pizza.

3. Put pizza directly on to top shelf of oven, putting baking sheet on shelf below to catch any drips. Bake 10 minutes or until base is crisp and topping lightly browned. Season with ground black pepper. Cut into wedges and serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!


Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You should be making plans to do with your work and your career, not only for the next few weeks but for the whole of 2010.

TAURUS ♉
APRIL 21-MAY 21
You have fixed opinions about certain issues and what happens in the wider world this coming week will confirm that you are right in your beliefs.

GEMINI ♊
MAY 22-JUNE 21
Flattery will get you everywhere today. You will know just the right thing to say to influence important people.

CANCER ♋
JUNE 22-JULY 22
What you have to say today may be important but not nearly as important as the way you choose to say it.

LEO ♌
JULY 23-AUG 23
Common sense should tell you that certain routines and methods don't work as well as they once did and need to be replaced.

VIRGO ♍
AUG 24-SEPT 22
Today's Sun-Mercury union will help you make whatever changes you think are necessary in your lifestyle, your career and your relationships.

LIBRA ♎
SEPT 23-OCT 23
It would appear that you have been taken advantage of one time too many and now you intend to turn the tables.

SCORPIO ♏
OCT 24-NOV 22
Others may be impressed by your air of self-confidence but what they don't realize is that on the inside you are trembling with fear.

SAGITTARIUS ♐
NOV 23-DEC 21
The cosmos is trying to show you that happiness comes not from having what you want in life but from wanting what you already have.

CAPRICORN ♑
DEC 22-JAN 20
A Sun-Mercury union in your sign means there is no better time to confront your doubts and fears and break their hold over you.

AQUARIUS ♒
JAN 21-FEB 18
Fate is pointing you in a certain direction and you have no alternative but to move in that direction, not in the future, but now.

PISCES ♓
FEB 19-MARCH 20
This is a good day for making plans but it is an even better day for planning things with your friends.

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This day in history

1493: Christopher Columbus leaves the New World, ending his first journey.
1762: England declares war on Spain and Naples.
1847: Samuel Colt sells his first revolver pistol to the United States government.
1865: The New York Stock Exchange opens its first permanent headquarters at 10-12 Broad near Wall Street in New York City.
1974: United States President Richard Nixon refuses to hand over materials subpoenaed by the Senate Watergate Committee.
1975: Elizabeth Ann Seton becomes the first American-born saint.

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Appy New Year!



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